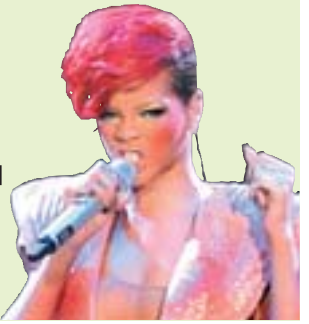


GRILLING'S RED-HOT, BUT IS IT GREEN?
KEEPING YOUR BBQ ECO-FRIENDLY {page 14}



BURNING QUESTION
RIHANNA SONG FUELS DEBATE
{page 9}



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Honour and the memory

Around 150 people braved the rain for ceremony in Peacekeepers Park Names of 26 fallen peacekeepers have been engraved on Wall of Honour so far this year



KATIE TURNER
CALGARY@METRONEWS.CA

Tears streamed down Michael Hornburg's face as the names of nearly 300 fallen peacekeepers were read aloud yesterday — one of which was his son's.

Cpl. Nathan Hornburg, who was killed in Afghanistan in 2007, is one of many names that spans the Wall of Honour.

"It was very, very powerful because sitting at my feet was my 13-week-old granddaughter sleeping away in her little basket, just the picture of peace and safety," said the elder Hornburg.

The day was powerful for guest of honour Warrant Officer Patrick Tower as well.

Tower was the first-ever recipient of the Star of Military Valour in 2006 for leading his fellow troops when they were barraged by members of the Taliban.

"This is a huge honour for me because the men and women on this wall mean everything in the world to me and their sacrifice."

KATIE TURNER/FOR METRO CALGARY



▶ A single flower marks a memorial in Calgary for Peacekeepers' Day.

"I can point to so many names on this wall that I know ... I was there when they fell in combat, and to me they gave their lives for mine, so it means a great deal to me."
WARRANT OFFICER PATRICK TOWER

Ottawa. Memorial



▶ Members of the Governor General's Footguard Band take part in the Peacekeepers' Day ceremony below the Peacekeeping Monument in Ottawa yesterday.

FRED CHARTRAND/THE CANADIAN PRESS

Remembering fallen Canadians

The annual National Peacekeepers' Day ceremony took place yesterday, honouring Canadians who have served in zones of conflict around the world. The federal government established National Peacekeepers' Day in 2008.

Floods wreak havoc in Asia

Hundreds missing in worst flooding in years {page 4}

Online job ads a 'black hole'?

Experts have tips for those on the career hunt {page 15}

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1 news

‘Voluntourism’ life-changing: Woman

While a beach vacation can be nice, the growing trend of “voluntourism” can offer a different kind of travel experience.

Kelly Galaski, partnership co-ordinator for Planeterra, a non-profit group that is heavily involved in connecting travellers with volunteer opportunities, said over the last few years, voluntourism has grown.

“People are looking for more meaningful ways to sort of give back to society,” said Galaski.

“One of the other things is the search for more authentic travel and by volunteering and living in a community, you really get an amazing experience.”

In the last year, Carlie Reidlinger, 22, has volunteered in both Ecuador and Tanzania and said that her experience was life-changing.

“It’s kind of a wonderful feeling getting to connect with someone in that sort of way despite the fact that there might be cultural barriers,” she said.

While her experiences in both countries were drastically different from one another, there was one commonality.

“I feel like now that I’ve had that experience, I’m kind of hooked on and drawn to that connection with people.” KATIE TURNER

KATIE TURNER/FOR METRO CALGARY



▶ Carlie Reidlinger, 22, has gone on two volunteer trips in the last year and said she plans on many more.

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Anti-abortion sniper James Kopp won’t face justice in Canada for suspicion of attacks on three doctors here. Read the story at metronews.ca.

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Scan code for local news

Marda Loop swings into Marda Gras

More than 150 volunteers helped make Marda Gras possible, said the festival’s volunteer co-ordinator

BRETTE EHALT
CALGARY@METRONEWS.CA

A little morning drizzle didn’t stop Marda Loop from transforming into New Orleans yesterday.

Thousands strolled the Marda Gras Street Festival yesterday, taking in music from the Dixie Knights trio, buying crystals and clothing from vendors, and snacking on festival must-haves: Hotdogs, pizza, kettle corn and mini-donuts.

There was something for everyone along 33 and 34 avenues, both closed to traffic for the day.

Kids had an area to themselves where they stomped on balloons, dunked basketballs and took turns having their faces painted.

Madeline Carlson, 6, showcased a butterfly on her cheek; she came with her parents and brother. The family recently moved to the area from Kelowna.

“We came from opposite ends of the city to see this. It’s definitely something to do!”
MADISON DOWNEY, WITH FRIEND STACY PICKERING

“We read about the festival and, since we live in Altadore, the whole family walked here,” said Carlson’s dad.

That would have made members of Eco “Alley” proud. For a second year, representatives from green businesses shared eco-friendly ideas along one side street.

More than 150 vendors helped to celebrate the 26th annual celebration, according to organizers.

BRETTE EHALT/FOR METRO CALGARY



▶ Buskers perform for patrons of Marda Gras yesterday in Marda Loop.

Warrants issued for offender

Police have issued two Canada-wide warrants for a high-risk offender in Calgary who has been missing since Saturday.

Acting Staff Sgt. Stephen Johnston said Matthew Adrian Boyes, 39, was released into the Calgary area on July 30 after serving a six-month sentence for breaching conditions of his peace bond. He was originally released into Calgary in 2009 after serving a six-year federal prison sentence for manslaughter.

403-206-7979
The number police want anyone with information about Boyes to call.

“He certainly has an unenviable record of violent offences in his past and certainly the risk increases if he is using drugs or alcohol, which we can’t determine because he is missing,” Johnston said, adding he has a history of violence against strangers, people known to him and peace officers. KRISTA SYLVESTER

CONTRIBUTED BY CALGARY POLICE SERVICE



News in brief

Charges laid in bank robbery

ARREST. Police have charged a Calgarian with robbery after a disguised man entered the CIBC at the 6200 block of Macleod Trail and jumped over the counter. The man took an undisclosed amount of money and fled but a citizen helped police arrest him. Jean Sebastian Ferland is facing charges. METRO CALGARY

Sudanese face crucial vote

REFERENDUM. A group of Calgary’s Sudanese community gathered yesterday morning to hear delegates speak about an upcoming referendum on Jan. 9, 2011. Voters in Southern Sudan will have to choose between separating from the north or confirming unity. METRO CALGARY

BRETTE EHALT/FOR METRO CALGARY



▶ Craig LePan, 37, raced in support of his son, Jack, yesterday to raise money for diabetes.

Kart racers revved up to fight diabetes

Participating drivers donated $500 each to the Canadian Diabetes Association Event organizers hope to raise additional $4,000 through flipp.ca by Aug. 15

BRETTE EHALT
CALGARY@METRONEWS.CA

It was all for Jack, a four-year-old racecar fanatic.

Seven Karts for the Cure drivers got revved up yesterday to race the 1.1-kilometre Calgary Kart Racing Club track in support of Jack LePan, who was diagnosed with diabetes as a toddler.

Supported by Flipp Advertising Inc., the Karts for the Cure event benefitted the Canadian Diabetes Association's Summer Surge campaign.

$6K

The amount Flipp Advertising has raised so far for the Canadian Diabetes Association, according to owner Emily McCann.

"It seemed like a great way to get people involved," said Jack's dad and Flipp creative director Craig LePan, who came up with the idea.

"Jack's a huge race fan. He knows every Nascar driver."

LePan approached Allen Berg's Racing Schools to become involved.

"I've known Craig for a long time," said owner Allen Berg. "Having a family myself, I wanted to do whatever I could to help his son."

Berg spent the day helping drivers navigate the professionally designed, 11-turn track.

The karts, upwards of $7,000 each, can reach 100 km/h, Berg said.

ENTERTAINMENT

Fringe Festival sets new standard in 5th year

It was another successful year at the Fringe Festival with two record-breaking weekends on the books to prove it, according to officials.

Fringe Festival director Michele Gallant said she is happy to report that artist payouts were up 31 per cent over last year, and more than 6,900 patrons took in the week-long festival that ended this weekend with a bang.

"It's so exciting to hear such good things back from the patrons about the high-calibre of our artists, and we sold out most of the closing-day shows. It's really good news," Gallant said of the fifth-year Calgary event.

"It was very successful." KRISTA SYLVESTER

Historical ordnance washes up

Police confirmed a passer-by found a military bomb-type ordnance from the Second World War on Saturday after the rusty and broken half-metre-long piece of history washed up on the banks of Glenmore Reservoir.

The TACT team was sent as a precaution but officials deemed there was no threat to the public.

METRO CALGARY



Flooding disaster puts Asia in peril

Chinese government sets aside $73M for recovery efforts More rain in forecast till Wednesday

Floods and landslides across Asia plunged millions into misery yesterday as rubble-strewn waters killed at least 127 in northwestern China and four million Pakistanis faced food shortages amid their country's worst-ever flooding.

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132, while North Korea's state media said high waters had destroyed thousands of homes and damaged crops.

Terrified residents fled to high ground or upper storeys of buildings in China's Gansu province after a debris-blocked river overflowed during the night, smashing buildings and overturning cars.

THE ASSOCIATED PRESS

Worst hit

With lives lost and crops destroyed, China and Pakistan are mounting huge recovery efforts.

- In Pakistan, approximately four million people are in need of food in the coming months. The country estimates the disaster affects 13 million people.
- Two villages were buried in northern Gilgit-Baltistan.
- In India, rescuers searched for 500 people while the army, police and paramilitary soldiers cleared roads to villages.

1,300 The Xinhua News Agency lowered an estimate of people missing by 700, down from 2,000, yesterday.

SHAKIL ADIL/THE ASSOCIATED PRESS



▶ A Pakistani flood victim, who lost her house and belongings, cries for stranded family near Sukkur, in Sindh province.

Sauna contestant dies in 110 C room

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a room at 110 C, as water was tossed onto a searing stove, officials and witnesses said.

Vladimir Ladyzhenskiy, an amateur wrestler who was in his 60s, was pronounced dead late Saturday after he collapsed alongside reigning champion Timo Kaukonen of Finland roughly six minutes into the final round.

Nearly 1,000 spectators had gathered in the southern Finnish town of Heinola to watch 130 competitors from 15 countries, waving flags and cheering on the contestants before medical workers pulled the shaking and bleeding men out of the sauna.

Video footage shows workers pouring cold water over the two men and administering first aid as organizers tried to cover up the scene and calm spectators.

The men were bleeding from what appeared to be severe burns, said Hakon Eikesdal, a photographer with the Norwegian daily Dagbladet.

Ladyzhenskiy headed a charity fund in the Siberian city of Novosibirsk. The fund's spokesperson Konstantin Kruglyansky told the LifeNews daily that his family has demanded an investigation into his death.

Kaukonen, about 40, was hospitalized in stable condition yesterday, contest spokesperson Ossi Arvela said.

Sauna bathing is a popular pastime in the Nordic countries. Temperatures are normally kept around 70 to 80 C.

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It's history

The annual contest had been held since 1999. Organizers say it will never be held again.

1. Half a litre of water is added to the stove every 30 seconds.
2. There was no prize other than "some small things," says the contest spokesperson.
3. Defending champ Timo Kaukonen was sick, yet wouldn't leave.

Civilian toll in war up 6% over last year

Civilian war deaths in the first seven months of 2010 rose by six per cent over the same period last year, Afghanistan's human rights commission said yesterday. The modest increase suggested that U.S. and NATO efforts to hold down civilian casualties were having some success.

Also yesterday, the bodies of 10 members of a medical team were flown to Kabul from Badakhshan, where they were gunned down three days ago at the end of a humanitarian mission.

THE ASSOCIATED PRESS

North Korea seizes fishing crew, boat

North Korean authorities seized a South Korean fishing boat and its crew yesterday in waters off the divided peninsula's eastern coast, the South's coast guard said amid heightened tensions over the sinking of a southern navy ship.

Four South Korean and three Chinese fishermen were questioned for an alleged violation of the North's exclusive economic zone, South Korea's coast guard said. South Korea called on the North to quickly return the fishing boat and its crew.

THE ASSOCIATED PRESS

BP gets mixed marks for spill response

The U.S. government's point man overseeing BP's response to the massive oil spill in the Gulf of Mexico gives the company high marks for its engineering response, but low marks in dealing with people.

Yesterday, on CNN's State of the Union, retired Coast Guard Adm. Thad Allen said he isn't sure any oil company could have done more to cap the spill. But he said BP was too big a company to immediately deal with the problems the spill caused individuals along the coast.

THE ASSOCIATED PRESS

Are Tories playing faves in Quebec?

Canadian Press study shows clear bias as key Tory ridings 'showered' in government funds

Two Conservative ridings were the biggest Quebec beneficiaries of a federal stimulus program set aside for rural areas, while other Tory-held areas received a considerable share of funds reserved for the province.

Numbers compiled by The Canadian Press reveal that in the initial wave of stimulus spending under the Community Adjustment Fund — a program that exists across the country — the two Quebec ridings that received the most were key electoral battlegrounds held by the Tories.

The calculations also reveal that of the 10 ridings to receive the most money in Quebec, four were Conservative — even though the party only holds 11, or 15 per cent, of the province's 75 seats.

The riding to receive the most money under the program was Montmagny-L'Islet-Kamouraska-Riviere-du-Loup, which Conservative Bernard Genereux wrestled from the Bloc Quebecois in a 2009 byelection.

Projects in Genereux's riding, which is located in eastern Quebec, were awarded more than $8 million worth of stimulus money, including $2.8 million in the months immediately following his victory.

The Canadian Press obtained Access to Information documents that listed where the program money was spent.

The research tracked spending delivered between June 2009 and March 2010 through the adjustment fund, which targets largely rural areas and communities of fewer than 250,000 people.

The results offer only a partial snapshot of Ottawa's $62-billion program to bolster the economy amid the global recession.

Ottawa insists politics do not factor into the decisions of who gets what.

THE CANADIAN PRESS

India. Training



▶ Members of the Tripura State Rifles, an elite force in northeastern India, trains in preparation for their security detail at the upcoming Commonwealth Games

THE ASSOCIATED PRESS

Hold on to your rifles!

Indian soldiers belonging to the Tripura State Rifles undergo training near Agartala, India, yesterday. The TSR, an elite force that was raised in 1984 to counter insurgency, will be amongst those providing security for the upcoming Commonwealth Games in New Delhi, local news reports said.

No 'honour crimes' in Criminal Code

Canada's justice minister has moved to quash weeks of confusion by playing down the idea that Ottawa might amend the Criminal Code to include so-called "honour killings."

Justice Minister Rob Nicholson says Ottawa is making honour crimes a priority but there isn't any real need to change the Criminal Code to achieve such an objective.

That puts an end to weeks of head-scratching prompted by a remark from one of his cabinet colleagues, Rona Ambrose, that the government was considering Criminal Code amendments. Nicholson said that some sort of plan would be devised but downplayed the possibility that code amendments were the preferred option.

THE CANADIAN PRESS

Crossed wires

▶ **Confusion.** The confusion began last month when Rona Ambrose, the minister for the status of women, said Ottawa was looking at amending the code. Her statement was initially dismissed outright by the Justice Department; but the department later changed its tune.



Investors await key numbers from U.S. Fed

- Wondering about continued stimulus spending
- Retail sales results will be out at week's end

Investors will be looking to the U.S. Federal Reserve's meeting on interest rates this week to get a clearer picture on how the American economic recovery is unfolding.

There isn't any doubt about what the Fed will do about rates themselves — the central bank is fully expected to keep its key rate down at a record low of 0.25 per cent.

Certainly, there was nothing in last Friday's U.S. non-farm payrolls report to suggest that the American economy is ready for higher rates. While the jobless rate held steady at 9.5 per cent, the economy couldn't even meet modest expectations of 90,000 new private sector jobs last month. Instead, the sector added about 70,000 jobs.

But the Fed can find solace from some areas of the report.

"There are positive sinews out there, especially on the auto side where we see demand rising, which kind of goes against the grain here," said Andrew Pyle, investment adviser with ScotiaMcLeod in Peterborough, Ont.

So with no doubt about rates, investors will be eager to scan the Fed's accompanying communique for its take on economic conditions. They will also look to see if the Fed is considering an extra stimulus to jolt the economy, particularly in light of rising worries about deflation.

THE CANADIAN PRESS

Dissent

Thomas Hoenig, president of the Federal Reserve Bank of Kansas City, at the June meeting dissented from the Fed's pledge to keep rates at ultra-low levels for an extended period.

▶ **Instability** Hoenig fears keeping rates too low for too long could lead to excessive risk-taking by investors and feed new speculative bubbles.

Economy. Autos



▶ Ford Motor Co. chairman Bill Ford Jr.

STEVE RUARK/THE ASSOCIATED PRESS

Better times for Ford

After a five-year wage freeze, Ford Motor Co. chairman Bill Ford Jr. will be paid $4 million in salary and $11 million to $12 million in stock options — what he would have earned from 2008 to the present.

Bahrain won't ban BlackBerry

Bahrain's foreign minister said yesterday the country has no plans to follow its Persian Gulf neighbours in banning some BlackBerry services, because security fears do not outweigh the technological benefits.

Canadian-based RIM is negotiating with Saudi authorities to avoid a ban on messaging services on the devices. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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THE HOMELESS GUY RUNS FOR MAYOR

Urban Compass

JANICE PASKEY



He's known as the "homeless guy," but Wayne Stewart is about more than the initiative that consumed him for many years. Now he's about becoming mayor of Calgary.

It's a sunny afternoon and Wayne Stewart walks from his home in Marda Loop to a local cafe.

He's tall, grey, handsome and wears an engineer's ring on his pinky. Not as pretty as Barb Higgins. Sometimes gruff, but no Ric McIver.

His challenge? Get known, in the face of more high-profile candidates.

The former Shell manager is planning strategy. Billboards go up today, paired with TV advertising. He's meeting as many Calgarians as he can.

Should you vote for him?

Stewart grew up on a farm in Goderich, Ont., as the first born of three kids. He married his high school sweetheart (yes, she's Martha Stewart) in the Anglican Church and raised three kids here in Calgary.

"I think we have enough plans in Calgary. Now we need to implement them."
WAYNE STEWART

At 50, he took a buyout and worked to build the Calgary Foundation, and the Homeless Foundation.

"I have business experience and not-for-profit experience," he says. "I think we have enough plans in Calgary. Now we need to implement them," he adds, with some impatience.

Litmus test: The Calatrava Bridge. He hesitates to criticize the $25-million albatross.

"We need a downtown that tourists will take pictures of," he says. Stewart loves theatre and brightens at the mention of Manhattan.

There are farm-boy sensibilities. He's not for a $50-million reno for an aging library, but maybe a library in a different spot.

He's just come from meetings in the northeast, and thinks the airport tunnel is merited. It's cheaper to build now than wait until the runway is built.

Stewart's campaign team is grooming him. He's prone to winding answers. They want him more succinct. He's for the big picture. "We've need to make Calgary good for everyone, get used to secondary suites, and more density," he says.

So would my family's life be better under Mayor Wayne Stewart?

I think he cares about the poor. He's informed by religious convictions.

But would he share my concerns? Too high speed limits, cut through traffic, unenforced building bylaws, willy nilly density, community infrastructure in disrepair, rich communities with secondary suite exemptions.

Wayne Stewart's major policy statement comes out this fall.

I commit to this: I will read it. He may be the homeless guy — and more.

Cartoon

MICHAEL DE ADDER



Space station in tough spot

Worth mentioning

A pair of space station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the entire repair effort.

Despite making one of the longest spacewalks ever, Douglas Wheelock and Tracy Caldwell Dyson had to give up trying to remove a broken ammonia pump and retreat inside.

Disappointed managers said two more spacewalks now will be needed to replace the pump and get the space station's cooling system operating normally again. The original plan called for two spacewalks.

Another spacewalk won't be attempted until Wednesday at the earliest. Engineers huddled following Saturday's eight-hour, three-minute effort — the sixth longest spacewalk — to consider their options.

"We will get through this problem," said program manager Mike Suffredini. "The challenge is to get through this ... before the next problem hits the other cooling system."

The pump failure knocked out half of the space station's cooling system last weekend, leaving the orbiting lab with only one good cooling loop. Another breakdown could leave the station in a precarious situation.

THE ASSOCIATED PRESS

Long spacewalk

NASA VIA GETTY IMAGES



Does Eminem's Love the Way You Lie endorse domestic violence?

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Metro Minute at Central Memorial

Strolling down 4 Street? Take a minute to enjoy what one resident called "the best park in the Beltline."

Central Memorial Park, located just behind Memorial Library, is an ideal place to relax after the workday. Take in the water fountains, the flowers, the trees — and some history, too.

There are at least 10 different monuments to look for, according to Cynthia Klaassen of the Calgary Heritage Initiative.

The elevation marker for the city of Calgary also sits in the park: The survey pin is just east of the fountain closest to the library, between two benches, said Klaassen.

BRETTE EHALT

BRETTE EHALT/FOR METRO CALGARY



▶ Central Memorial Park

2 scene

News in brief



1

Steve Buscemi says it's only in his "wildest" dreams that he saw himself as a leading man. But that's just what the respected character actor plays in the new HBO series Boardwalk Empire.

THE ASSOCIATED PRESS

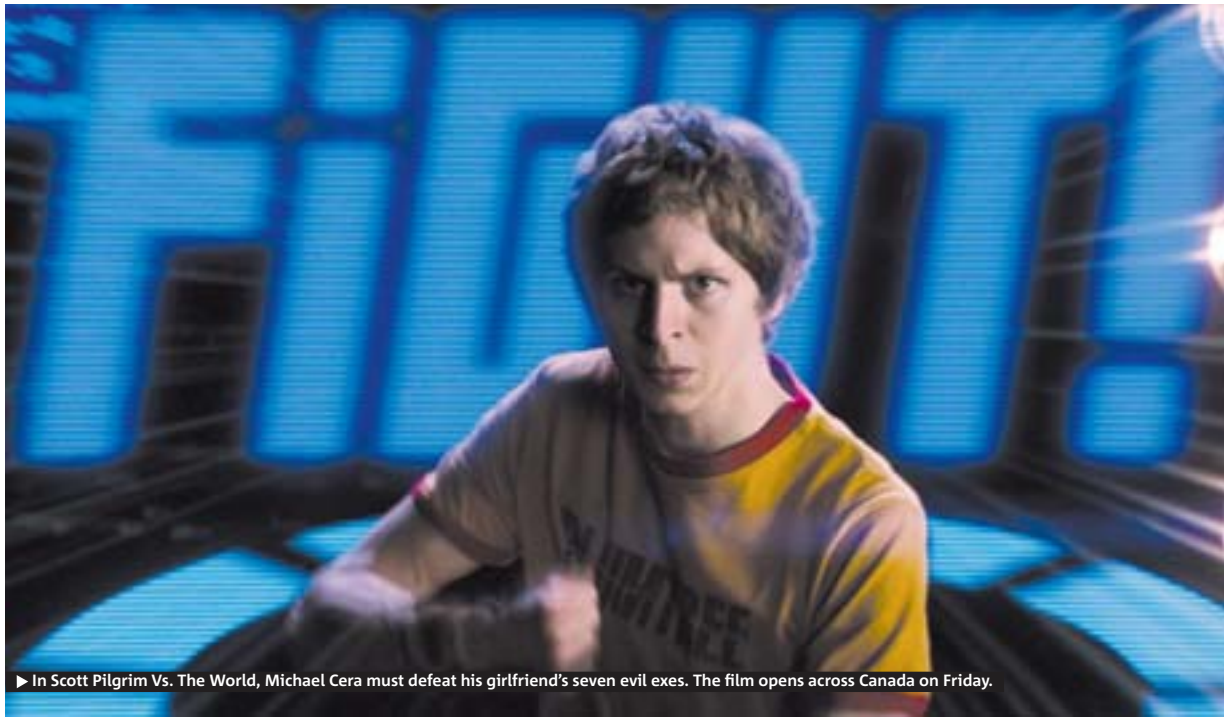


2

British star Emma Thompson was presented with a star on Hollywood's Walk of Fame on Friday.

THE ASSOCIATED PRESS

Scan code for news



▶ In Scott Pilgrim Vs. The World, Michael Cera must defeat his girlfriend's seven evil exes. The film opens across Canada on Friday.

Cera picks a fight

Elaborate training helped actor prepare for fight sequences in Scott Pilgrim Vs. The World ◐ Comic book adaptation actually set in Toronto

PHIL BROWN
SCENE@METRONEWS.CA

"Toronto definitely is a huge character in the movie and it's such a stand out in that way because I can't think of any other movies that really glorify the city." MICHAEL CERA

Through his breakout roles in Arrested Development and Superbad, Michael Cera practically turned adolescent awkwardness into an art form. Now 22, the young Brampton, Ont., native is moving onto playing characters who are awkward arrested adolescents.

Not exactly a huge jump, but a jump nonetheless. His latest movie is Scott Pilgrim Vs. The World, a wonderfully bizarre comic book adaptation about a struggling 20-something who must defeat his girlfriend's seven evil exes through a series of elaborate fight sequences. At the very least, it's not something you've seen before. "I can't think of any other movie with this kind of tone," Cera told Metro. "There's a voice to the movie that's all it's own and I think that's really important in comedy."

The film presented Cera with a new challenge. Though the actor had cut his teeth on dialogue-driven comedies, playing Scott Pilgrim required him to wield a sword and dabble in kung fu.

"The fight training was very extensive and I had to try so hard just to throw a punch at first," laughed Cera. "It went on five days a week for like eight weeks and was basically like learning dance numbers. It was all beats and timing."

All of that training clearly paid off because audiences will get to see the typically subdued Cera pull off some impressive fight sequences, from punching his way through a pack of skateboarders to battling Jason Schwartzman with a flaming sword. "They were all fun challenges to tackle and so diverse," recalled the actor.

While the film offered new challenges for Cera, it also featured one comforting familiarity. Like many Hollywood productions it was shot in Toronto, but in a rare instance the movie was actually set in the city.

"It doesn't remind me of anything. I'm not like, 'Oh, that was like that other Toronto movie.' This is really it's own thing," said Cera.

Evil Exes

Guide To Scott Pilgrim's Battles With The Seven Evil Exes

- **1)** The Ex: Matthew Patel (Satya Bhabha) The Fight: Bit of Bollywood turned to 11.
- **2)** The Ex: Lucas Lee (Chris Evans) The Fight: Kung fu meets skateboards.
- **3)** The Ex: Todd Ingram (Brandon Routh) The Fight: "An epic bass battle with a vegan," Entertainment Weekly says.
- **4)** The Ex: Roxy Richter (Mae Whitman) The Fight: Scott faces off as a puppet.
- **5/6)** The Ex: The Katayanagi Twins (Keita Saitou and Shota Saito) The Fight: Monsters, dragons in a musical mix.
- **7)** The Ex: Gideon Gordon Graves (Jason Schwartzman) The Fight: "A sword fight that turns the movie into an 8-bit swashbuckler," Entertainment Weekly says.

Spike Lee slams report that says much of Gulf oil recovered

Filmmaker Spike Lee is calling a "lie" a U.S. government report that 75 per cent of the spilled Gulf Coast oil is gone.

Speaking to a meeting of the Television Critics Association on the weekend in Beverly Hills, Calif., Lee said journalists should expose what he called the real story.

He argued that it's unlikely that "abracadabra, presto chango" the vast majority of the oil has vanished from Gulf of Mexico waters and coastal wetlands.

Federal scientists said last week that nearly three-quarters of the oil has been removed by various artificial or natural means, but that the spill's effect on wildlife will long continue.

Lee was promoting his new documentary about New Orleans after hurricane Katrina.

THE ASSOCIATED PRESS

new movie

- If God is Willing and Da Creek Don't Rise, a follow-up to his 2006 film about the hurricane, debuts Aug. 23 and 24 on HBO.



▶ Spike Lee

Rihanna-Eminem video fuels debate

Does the Megan Fox-starring clip glorify domestic violence or make a statement against it? 'Something needed to be done,' Rihanna says

It's hard to forget the haunting photo that leaked out early last year: Pop star Rihanna, her elegant face bruised and battered after a violent assault by her then-boyfriend, R&B singer Chris Brown.

Now, she's appearing in something else shocking, though thankfully fictional: Rapper Eminem's chart-topping Love the Way You Lie, a song (and now video) that graphically depicts a physically abusive relationship.

And the debate has begun: Is the song a treatise against (or apology for) domestic violence, or an irresponsible glorification of it? Or, is it something uncomfortable in between? And how exactly to explain the role of Rihanna, who has said she aims to help young people learn the lessons of her ordeal?

One thing is not in question: The song is a hit, sitting atop the Billboard Hot 100 chart. And well before the edgy video debuted Thursday evening, the lyrics were enough to get plenty of attention.

"Just gonna stand there and watch me burn," Rihanna sings repeatedly, to an undeniably catchy tune. "But that's all right because I like the way it hurts."

VINCE TALOTTA/TORSTAR NEWS SERVICE



Is Rihanna making a statement with Love the Way You Lie?

The girl, acted in the video by actress Megan Fox, tries to leave. The guy, played by Dominic Monaghan, promises it won't happen again. But then he admits he's lying: "I apologize even though I know it's lies."

Rihanna wasn't available for comment on the song, her publicist said in an email message. But the 22-year-old singer, who last year won a Glamour Woman of the Year award, partly for her stand on domestic violence, has been quoted as saying the song "was something that needed to be done and the way he (Eminem) did it was so clever. He pretty much just broke down the cycle of domestic violence."

Marjorie Gilberg — executive director of Break the Cycle, a group that fights violence among teens — has a different take.

"The danger is that pop culture defines our social norms," says Gilberg. "We don't want the message of this song to be that this kind of relationship is acceptable. So this song has to be viewed in the context of real information from adults, like parents and teachers."

THE ASSOCIATED PRESS

Eminem's past

Eminem — known for his turbulent relationship with ex-wife Kim Mathers — graphically fantasized about murdering her in the song Kim, off his 2000 album The Marshall Mathers LP.

'I can't sing along to that,' fan says



Eminem

Allison Churchill, an Eminem fan in Palm Coast, Fla., says she has friends who never really hear the lyrics to songs they like — "they just like a good beat." She herself listened a number of times to Love the Way You Lie before she realized what it was saying.

"I thought, 'I can't sing along to THAT,'" says Churchill, 31.

But she thinks the song could have a positive impact, "if it can hit a nerve with a teenager and prompt them to go talk to someone about it." Because, she says, "The more we talk about a subject, the easier it is to fix."

There are others who object to the lyrics. At one pint, Eminem sings: "But your temper's just as bad as mine is. You're the same as me." And the video shows the actors hitting each other.

"That's a classic line of an abusive man," says Terry O'Neill, president of the National Organization for Women. "You're as bad as me, so it's OK. The fact is, it's only two-year-olds and violent men who use violence to get what they want."

Diane Maxwell, though, has a different view. The Florida mother sees the song as empowering women who've experienced domestic abuse.

"I like the lyrics because they ring true," says Maxwell, 35. "I've heard things like that in my life. This gives people a voice, and tells them, 'You're not the only one out there.'"

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Imodium

Penn questions Jean's bid to be Haiti president

Outspoken star says singer hasn't done enough for his native country

Wyclef Jean's fledgling bid for the Haitian presidency has met with its first critic.

Sean Penn isn't planning on attending any fundraisers for the singer anytime soon.

"He has been virtually silent for those of us in Haiti, he has been a non-presence," Penn says, according to Hollyscoop.

GETTY IMAGES



▶ Sean Penn said that the $400,000 that was allegedly misdirected from Wyclef Jean's charity could have done a lot of good for the people in Haiti.

"I want to see someone who is really, really willing to sacrifice for their country and not just someone who I personally saw with a vulgar entourage of vehicles that demonstrated a wealth in Haiti that in context, I felt (was) a very obscene demonstration."

Penn also insists charges that Jean misdirected $400,000 in funds from his charity raise concern. "That has to be looked into," Penn says. "I've been there. I know what $400,000 could do for these people's lives."

METRO WORLD NEWS

GETTY IMAGES



▶ Despite all the claims in the press of problems in Jessica Simpson's life, the musician says she is very happy right now.

Simpson says: Consult a friend

Despite all the negative things people have said about her, Jessica Simpson is doing great, she insists.

"I'm very happy. Right now in my life, I'm the most confident I've ever been. I can make that statement," she tells People magazine.

"At this point, nothing else can be said about me that could be worse than I have already read."

She also thinks that everyone should try and work through their problems — just not necessarily with a paid professional: "I really believe that somebody should just sit in front of their best friend in the world and have their friend ask any and every question — offensive or not. And whatever it is, answer it," Simpson advises.

"That's your therapy. Really tackling those issues inside and out."

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Momsen goes off on Catholic church

Taylor Momsen is working overtime in her bid to be the most provocative teen star. The 17-year-old Gossip Girl actress and singer wrote her band's song Going Down as a response to the Catholic Church abuse scandal.

"It seemed like a very fitting song to write at the time," Momsen explained during an expletive-laden interview with a New Zealand radio station. "It was kind of a f—k you to all the molestation going on. It was just insane."

GETTY IMAGES



▶ Taylor Momsen

Momsen also railed back at criticisms of an earlier interview in which she joked about using a vibrator, something she insists is perfectly normal.

METRO WORLD NEWS

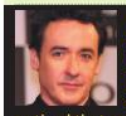
Celebrity tweets



John Mayer [@johncmayer] I have found the key to a happy life is to surround myself with like-minded people who agree with me constantly.



Kristen Bell [@IMKristenBell] Why is it that I'm pretty sure fish don't have blood?



John Cusack [@johncusack] i noticed that really rich people have romantic longings for "a normal" life--as soon as they lose there money - want to be special quick



Russell Crowe [@russellcrowe] Anyone awake in Poland?

METRO WORLD NEWS

Shiloh's style OK with Jolie

Angelina Jolie has no problem with daughter Shiloh's fashion choices, even if the young girl's boyish style is turning heads. "It's not my choice. I have a very strong-willed 4-year-old girl," Jolie tells Grazia magazine.

METRO WORLD NEWS

Lohan has lonely rehab

Lindsay Lohan's stay in rehab will be a lonely one for the first month, according to TMZ. Sources say the actress has been put on a program that restricts visitors to blood relatives during the first 30 days of her 90-day treatment.

METRO WORLD NEWS

THE ASSOCIATED PRESS



▶ Self-professed trigger-happy parent Amy Beth Bennett, right, and her daughter, Sophia Cavaretta, 2, look at some of the books Bennett has made with photos of her daughter.

Proud parents ponder what to do with the countless baby photos they amass over the years
BabyCenter.com editor-in-chief offers organizing and storage ideas that are easy to use and take advantage of in the digital age

Trigger-happy

I am the stereotypical trigger-happy first-time parent. I've taken more than 10,000 pictures of my son — and he's barely a year old.

While I love the fact that I've been able to capture so many precious moments, there can be too much of a good thing. Currently these photos are plopped in a giant folder on my computer. I don't envision him browsing through these thousands and thousands of digital shots the way I flip through my baby albums stuffed with printed photographs. And that's a shame.

Linda Murray, editor-in-chief of BabyCenter.com, assures me I'm not alone in this dilemma. Many moms on popular website say they have completely replaced the traditional photo album — and presumably more than a few of them are fellow shutterbugs.

"We keep going and going and going because there's no expense to it ... We're all out there taking all these photos ... so now we have the back-end problem."
LINDA MURRAY, EDITOR-IN-CHIEF OF BABYCENTER.COM

"We keep going and going because there's no expense to it," says Murray, describing the mixed blessing of preserving memories in the digital age. "We're all out there taking all these photos ... so now we have the back-end problem."

Turns out, there are countless options for storing and sharing digital photos. You can upload them onto web-based albums on specialized sites like Shutterfly, or social networking sites like Facebook and BabyCenter Community. You can download software like Picasa that will organize photos on your desktop, or use a program like iPhoto on Macs. You can make an online scrapbook of sorts by keeping a photo blog — mostly pictures, some captions and occasional anecdotes.

(It's wise to make backups of your photos on an external hard drive or CDs in case — shudder at the thought — something happens to your computer or a host website.)

For a purely digital experience in displaying the images, you can get an electronic frame that rotates through all the photos on a memory card. For a foot in both worlds, you can use one of the photo websites or software to place an order for a printed album.

Whatever you do with the photos, Murray says, the key lies in winnowing them down to a manageable handful of favourites — professionals call these "hero shots" — and using a labelling system that's easy to remember.

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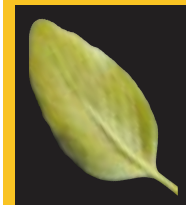
▶ Two-year-old Sophia Cavaretta is captured in a picturesque moment in her parents' garden.

Sure enough, photographer-mom Amy Beth Bennett of Oakland Park, Fla., approaches her two-year-old daughter's photo blog the way she does an assignment. Out of a couple of hundred photographs, she'll pick only a few to post for family and friends — ones that have the most telling moments. No one wants to slog through the equivalent of a vacation slide show, Bennett says. "You just want them to see how your girl's doing."

Then, like she does at the office, Bennett gives each of those photos a file-name consisting of the date and event (sandbox, train ride, etc.) so she can search for and find them easily. After that, they go into a folder named after the year.

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3 life



Herb lovers beware

The first sign is when the fragrant green leaves of your basil plant turn yellow on top. But the telltale proof is underneath, where spores appear as a mass of purplish grey dots. It's called downy mildew, an aggressive new disease that has wiped out basil crops in parts of the U.S. and was recently spotted in Ontario.

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Scan code for more news

Liven up your fruit salad

A jazzed-up take on one of summer's favourite staples
Watermelon Salad With Basil and Bacon stays true to the old adage that bacon improves everything

Following the axiom that bacon makes everything better, it's about time to jazz up that staple of summer celebrations — fruit salad.

It starts with a basic fruit salad of watermelon, strawberries and diced apples. Then dress that with a simple vinaigrette of olive oil and lemon juice spiked with salt and pepper. You could stop right there because a splash of acid (the vinaigrette) does wonders to bring out the sweetness of fruit.

Crumbled bacon and slivered fresh basil are used to top the salad, offering a savoury, salty and (in the case of the basil) peppery contrast to the fruit. The bacon also adds a pleasant crunch.

The salad also can be prepped in advance; just leave out the basil and bacon, adding just before serving.

Finally, if you simply can't accept bacon in a fruit salad (and refuse to accept the universal truth of bacon's ability to improve all things), substitute crumbled Parmesan (which is governed by a similar natural law) or feta cheese, which will add a similar salty, savoury flavour.

Preparation:

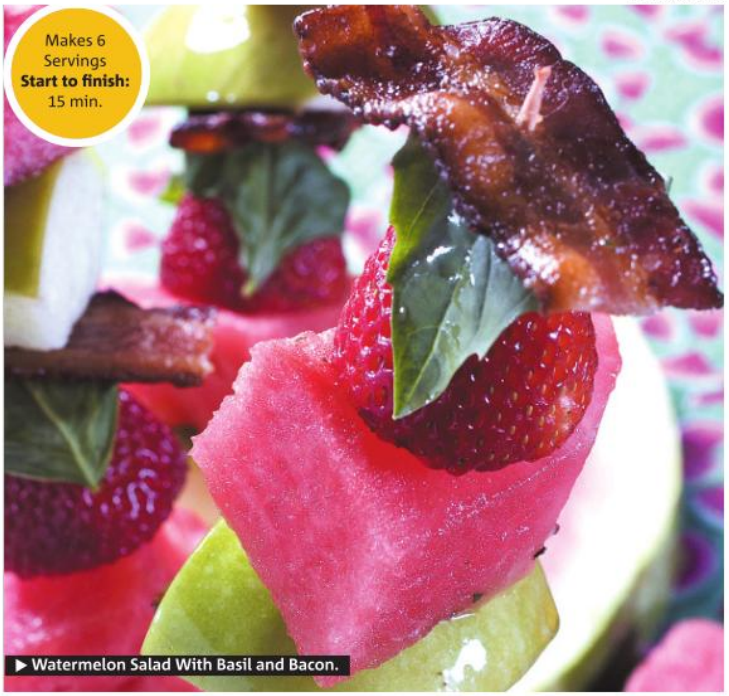
1. In a large bowl, combine watermelon, strawberries and apples.
2. In a small bowl, whisk together olive oil, lemon juice, salt and pepper. Drizzle mixture over fruit, then gently toss to combine. Scatter bacon and basil over salad. Serve immediately at room temperature.

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Ingredients :

- 1.5 l (6 cups) cut watermelon
- 500 ml (2 cups) quartered fresh strawberries
- 2 green apples, cored and diced
- 15 ml (1 tbsp) extra-virgin olive oil
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 6 slices cooked and cooled bacon, crumbled
- 50 ml (1/4 cup) thinly sliced fresh basil

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▶ Watermelon Salad With Basil and Bacon.

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INFORMATION FEATURE

Easy Caffeinated Cocoa Truffles

What is fair trade?

TRADE We've heard the term "fair trade" come up in recent years in reference to the food we eat, but what does it mean?

According to TransFair Canada, the "Fair Trade" movement started around the 1950s as a partnership between importers and producers to find ways in which poverty can be alleviated in poorer countries.

Since then, more organizations and corporations have joined the movement to ensure fair prices, social and economic premiums, fair and safe labour, environmental sustainability, access to credit, and long-term contracts for producers of some of our main staples—such as coffee, chocolate and sugar—among others.

For more information on Fair Trade practices and where to purchase products that have been Fair Trade-certified, visit www.TransFair.ca.

LORI DANCE

Not only are these treats easy to make, but they're also made from ethically sourced ingredients!

The sweetness of milk chocolate blends with the bitterness of unsweetened cocoa and strong coffee beautifully.

Cocoa Truffles
Preparation:

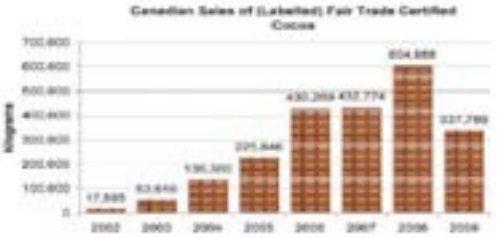
1. Break the chocolate into small pieces and whisk gently with coffee in a double boiler (or bowl placed in hot water) until smooth and melted.
2. Cover mixture and refrigerate for a few hours or overnight (until firm).
3. Scoop small teaspoonfuls of coffee/chocolate mixture and roll into 1-inch "truffle" balls with your hands (or leave them as rough chunks).
4. Toss truffles in cocoa powder until lightly dusted.
5. Store refrigerated truffles in an airtight container and enjoy!

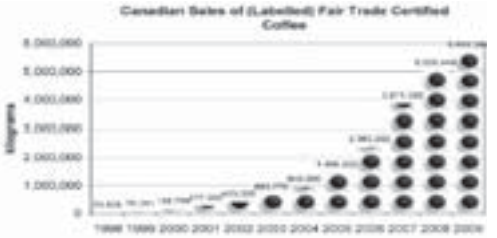
PHOTO: WIEN/FLICKR



▶ Cocoa Truffles

FAIR TRADE CERTIFIED







How to green your grill

Is there such a thing as eco-friendly barbecuing? The answer is yes

BEN KNIGHT
GREEN@METRONEWS.CA



There are plenty of ways to keep your grilling green.

"Everybody traces back to barbecue," says champion competitive grill master Danielle Dimovski. "It was the first way to cook food."

Sweet, sizzling, delicious grilled meat is a wonderful treat for barbecue fans everywhere. But it doesn't seem like a particularly green or eco-friendly activity.

So Metro asked Dimovski, head of the top-ranked Diva Q grill team from Barrie, Ont., if there's any good, green news at the grill.

Is there such a thing as eco-friendly barbecue?

"Traeger Grills has a system where they use compressed wood pellets," Dimovski explains. "The hardwood sawdust that they're using is recycled, and would otherwise have just gone for waste."

Also, they have a burn system that has an efficiency rate of 98.8 per cent. That fuel-to-air ratio basically provides you with much lower emissions and a reduced carbon footprint."

Can I make my current barbecue grill cleaner?

"Number one: You have to keep your grill very, very clean," she says. "All the extra build-up of food? That actually burned. And that's not good for anybody. You need to burn cleanly, using a charcoal that has no additives or fillers."

And don't just turn on your grill and do one hot dog. If you're going to grill, use it to the max. If you're going to do a pork shoulder and it's going to take eight hours, make sure your entire grill is full."

Are there greener and cleaner grilled foods?

"Yeah," she says. "They're probably vegetables. We'll typically let meats sizzle on the grill, and that's not really the best thing environmentally. I'm going to guess that vegetables would grill more cleanly."

But she's openly and admittedly not thrilled with the idea. "They're really not my thing," Dimovski concedes, going BBQ old-school. "Not ever, on this planet, will I ever be doing that."

On the grill

- **The grand** champions of Alberta BBQ will be crowned in Calgary on the Labour Day weekend. The 18th annual BBQ on the Bow Festival runs September 4 and 5. Seasoned barbecue competitors – and starry-eyed newcomers – will be sizzling up a storm. It's a perfect chance to see if greener grills stand up to the old school in the all-important flavour department.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG



GREENER CLEANERS

QUESTION:
I work with children we use a disinfectant to clean our toys and play areas, but it's terribly toxic. What should I look for in a non-toxic alternative? ***Lori, Vancouver, B.C.***

There are safer and equally effective alternatives to conventional disinfectants and anti-bacterial products. In fact, our recent obsession with germs has the Canadian Medical Association calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance. And you're right to be concerned about your clients, the kids — not to mention the staff who have to apply the toxic chemicals.

Kilogram for kilogram, kids absorb more chemicals than adults. They're closer to the ground and they have what some experts call an "exploratory nature," which means they put everything in their mouths!

Find a safer disinfectant (and any household cleaning product) by choosing those with ingredients listed, plant-based ingredients, and the Green Seal or Ecologo-certified label.

The Green Seal standard certifies products and services that meet science-based environmental standards.

Certification guarantees that products perform as well as or better than conventional products. And that's not all, ingredients are biodegradable and do not contain phthalates, heavy metals or optical brighteners.

It can be tricky for us consumers because companies that manufacture cleaning products are not required by law to list ingredients. I suggest leaving those products on the shelf. If you can find an ingredient list, avoid "chlor" compounds, fragrance and triclosan. Triclosan in particular is one of the most common anti-bacterial agents in household cleaners and it's suspected of interfering with hormone function and contributes to antibiotic-resistant bacteria. Triclosan is also harmful to fish and wildlife.

No matter what field you work in, if you are you interested in greening your workplace, check out davidsuzuki.org.

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ISTOCK



▶ If you rely solely on online job sites in your career search, you are likely to be disappointed in the outcome.

Best job offers found offline

Craigslist, while great for selling/buying items, is not the perfect place to find work, counsellors say

DREW HINSHAW
METRO WORLD NEWS

Career counsellors warn that the whole mini-universe of online job boards — Monster, CareerBuilder, HotJobs, etc. — is a great place to mis-invest your time and hope during a difficult job hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, President of Career Potentials, agrees.

"Very, very few online applications are ever read or responded to," Myers says. "Good jobs don't get posted in the first place."

With unemployment high and the average Joe staring at the horizon for six months before the job boat lands, career counsellors say they're not surprised to see so many people surfing online want ads more than they should.

If you're among those unlucky masses, don't expect fantastic finds: Studies show 10 per cent or less of jobs are filled through online ads. But if the occasional online ad is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com jobseeker's expert Alison Doyle recommends doing a LinkedIn company search by industry and location.

"Check the company website and see if you can apply directly there," she offers.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resumé combo at every link.

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resumé tweaking — like bumping up the most relevant, if not recent job — can make the difference between the yes stack and the no can.

What not to do

No 'Please Find the Attached Resume...'

▶ "You've got 15-20 seconds to catch my attention in an email message," Dikel estimates, which is why you shouldn't burden your emails with a three-ton PDF of your resumé. Instead, just re-format it for email text. "It does not need to be gorgeous," Dikel says. "It needs to be readable."

Moreover, Dikel notes, a human being may never lay eyes on your application — so use the same keywords they use in the ad to pass the computerized scan test.

News in brief

McMaster should market self better: Officials

EDUCATION International relations officials at McMaster University say the institution must reach out aggressively to the world and maintain and enhance its reputation as a leading university. With the competition for international students becoming fierce in Canada and abroad, McMaster cannot afford to just coast on its good reputation, says the university's associate vice-principal responsible for international affairs. "We have to go out and blow our own horn," the official says. The vice-president responsible for research and international affairs says McMaster is marketing itself most aggressively in Europe, Asia, the Middle East, and Latin America. The effort, the VP says, should produce a richer campus, both academically and socially. For now, both officials say the prospect of a foreign McMaster satellite campus remains a possibility, albeit a distant one.
TORSTAR NEWS SERVICES

More women enrolling in Queen's engineering

EDUCATION The number of female engineering students at Queen's University has increased in recent years. Two years ago, women accounted for 23 per cent of the incoming engineering class, then the proportion rose to 25 per cent in 2009, and now it is at 28.1 per cent for the 2010-11 academic year. The university's engineering and applied science faculty has been actively trying to recruit more women and has tried to break down some of the stereotypes people hold about just who is suited to being an engineer.
ACADEMICA.CA

ACC suspends nursing apps

EDUCATION Assiniboine Community College announced last week its Winnipeg Training Centre will not accept new applications for the two-year practical nursing diploma program until January 2012 due to increased popularity. With more than 250 applicants on the Winnipeg waiting list, ACC has enough qualified applicants to fill the Winnipeg program for the next three years. ACADEMICA.CA

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Do homework in style

Designer tips to create a calm, organized place for school work

Kids may want to do their homework at the kitchen table with a sea of activity surrounding them. Many experts say they shouldn't.

"Build a space dedicated to homework and eliminate distractions," advises Douglas C. Merril, a former Google spokesman and author of the new Getting Organized in the Google Era.

According to Merril, everyone thinks they can multi-task, but our brains just aren't cut out for it.

In her new book, Right-Sizing Your Home, consultant Gale Steves agrees. She writes, "Although kids gravitate to the kitchen or family room — where parents can keep a watchful eye on them — ultimately having a workspace of their own is important."

And Maxwell Gillingham-Ryan, founder of the design blog Apartmenttherapy.com, taught school in New York City before he became an interior designer. Each year he would visit students' homes, and here's what he observed: "Invariably, the children who did best in school came from homes that were calm, well-organized and attractive," he says.

"A child's homework space should be as simple and practical as possible," he believes. "Children need a private, separate environment where they can concentrate and get through their work."

While homework space must be functional and well organized, it also should be somewhere the child wants to spend time.

"Get your child involved in the design," advises Susanna Salk, interior designer and contributor to the Today show. "Have them look at pictures and say what they like."

Salk's book, Room for Children: Stylish Spaces for Sleep and Play, compiles pictures of children's rooms decorated by well-known designers. She believes that a child's workspace should have an inspirational element, and suggests checking out the wall art available on Art.com, where you can find murals that are easy to move, are stain-resistant, and can transform even a tiny homework space with a beautiful landscape or world map.

Most children are inspired by having something like what their parents use, Gillingham-Ryan suggests. "My daughter likes to have something that my wife or I have on our own desks. Consider giving your child a pen, lamp stapler or mouse pad like your own."

When selecting furnishings for homework space, keep in mind that your little girl or boy is going to get bigger and older.

Consider good adult task lighting, and keep in mind that a nice wooden table can serve as a good desk. Gillingham-Ryan favours desks made from wood.

"Natural materials help a child to feel grounded," he says. He believes there is a healthier energy from natural materials. He also suggests avoiding fluorescent lighting, selecting instead halogen or incandescent light.

THE CANADIAN PRESS

Space

You do not need a large space to create a good homework area. If space is limited, Steves suggests placing a desk under the top bunk instead of another bed, and creating storage with a small file caddy on wheels. She also suggests thinking vertically when space is limited. A hutch or shelves above a desk provide storage as well as space to display children's work.

NORTHWEST ARM PRESS/THE ASSOCIATED PRESS



▶This photo provided by Northwest Arm Press shows the Base Camp Loft Bunk Bed with desk in Rustic Cherry from Young America Youth Furniture. This child's room creates a cosy homework space.

CINDY GOLD/THE ASSOCIATED PRESS



NORTHWEST ARM PRESS/THE ASSOCIATED PRESS



MAXWELL GILLINGHAM-RYAN/THE ASSOCIATED PRESS



▶ This photo provided by Cindy Gold shows a room designed by Windsor Smith. The decorative elements here refer to the nostalgia of family road trips during the 1950s. Upper right: Desk with hutch from Lea Furniture's Freetime Collection. Lower right: An antique desk fixed up for homework by Maxwell Gillingham-Ryan.



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News in brief

UC Berkeley urged to end ties with BP

EDUCATION Activists and professors at the University of California, Berkeley are calling on the institution to end its research partnership with BP. In 2007, the British oil company gave UC Berkeley a $500-million grant to establish the Energy Biosciences Institute, which works to develop new sources of plant-based fuel. The 10-year deal has outraged many students and faculty members who worry BP will exert too much influence over academic research and damage the institution's reputation. Now, as BP's oil spill devastates the Gulf Coast, some say it's time for the partnership to end.

THE ASSOCIATED PRESS

uOttawa publishes open access books

EDUCATION Recently, the University of Ottawa Press (UOP) made 36 of its books available free to the online community, an initiative under the UOP's digital publishing plan. The collection consists of both English- and French-language in-print titles in the arts, humanities, and social sciences.

ACADEMICA.CA

When children hit college, the vacations change

As kids trot off to PSE, they may not want to travel with their parents any more But they will be back

My eldest son, who's heading off to college in the fall, recently informed me that he plans to spend just a few days with us this year on our annual summer vacation.

"But it's our last vacation ever as a family!" I pouted.

He reminded me that I've been guilt-tripping him with that line since 2008.

All too true, I'm afraid. But that's because, as in many families, our travels have been so much fun that I hate the thought of taking a trip without him. And I'm sure my younger son is not looking forward to travelling with two boring old people (also known as his parents) once his big brother leaves home.

Eileen Ogintz, who writes a syndicated column and blog at TakingtheKids.com, says a child going off to college "does change the vacation dynamic — a lot. Right now it is all about them and they couldn't care less about family time."

Sensing my disappointment at the thought of a treasured family ritual so easily discarded, she added: "Don't sweat it! When they are homesick at school, they will probably think fondly on those happy times."

But Ogintz added that college doesn't necessarily mean the end of the family travels.

"When they realize how much travelling costs, they will rethink travelling with you," she said, as long as the trip is "something they think is fun and exciting." And eventually, even college-age kids "realize what a good deal it is to have mom and dad pay the freight."

As for my son's reluctance to join us this summer, Ogintz advised, "I would just smile and say, 'Whatever you want to do, honey!' and know that he will be back."

THE ASSOCIATED PRESS

Destinations



Holly Hughes, author of Frommer's 500 Places To Take Your Kids Before They Grow Up, was in a similar situation last year, the summer before her eldest went off to college. With her husband and two younger kids, the family of five did a road trip. "We rented a minivan and we did the drive across country for two and a-half weeks," she said. But "it did not feel like a last hurrah," she said, and in fact, it wasn't. After finishing his freshman year, her son got a week off from his summer job this year and joined the rest of the family for a week on Martha's Vineyard. One way she made the vacation enjoyable for all of them was to let the teenagers — 19, 17 and 15 — "make decisions about what they wanted to see and do," whether it was picking the restaurants or the activities.

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or email: klittlebear@metis.org. Please bring current resume.

AUGUST 20, 2010 AT 1:30 PM
Aboriginal Futures Career & Training Centre
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4 sports

Mahan wins, worst for Woods

Hunter Mahan took a big step toward joining the elite in golf yesterday, winning his first World Golf Championship title to lock up a spot on the U.S. Ryder Cup team.

Four shots behind to start the final round at Firestone, Mahan ran off five birdies on the front nine to take the lead, then had three clutch par saves down the stretch to finish off a 6-under 64 and a two-shot victory over Ryan Palmer.

It was the second victory this year for Mahan, and the $1.4 million US he earned moved him to No. 2 in the Ryder Cup standings with only the PGA Championship remaining before the top eight Americans qualifying.

The battle for No. 1 was far less inspiring.

Tiger Woods will remain atop the world ranking for the 270th consecutive week, despite the worst tournament of his career. Woods closed with a 77 to finish at 18-over 298 — his highest score on the PGA Tour as a pro or an amateur — and finished one spot out of last place.

That cleared the way for Phil Mickelson to replace him at No. 1, provided Lefty finished in fourth place alone.

Mickelson was even worse. He shot 41 on the front nine, including a three-putt from four feet, and shot 78 to tie for 46th.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES



▶ Tiger Woods takes a shot yesterday.

One-hit wonder

▶ Blue Jays' Morrow comes within an inning of throwing a no-hitter versus Tampa Bay ▶ Collects first shutout, complete game ▶ Would have been Majors' sixth no-hitter this season

It seems like no-hitters or perfect games are often punctuated by a defensive play that preserves the gem, like the leaping catch against the centre-field wall made by Dewayne Wise behind Mark Buehrle last July.

Brandon Morrow's moment came in the sixth-inning yesterday, when Vernon Wells chased down Ben Zobrist's drive to deep centre, leapt to snare the ball and then crashed into the wall, dislocating his right big toe to save his pitcher's no-hit bid in the process.

Unfortunately for the Toronto Blue Jays right-hander, the magic had run out by the time there were two outs in the ninth, and Evan Longoria poked a grounder toward the hole on the right side of the infield. Second baseman Aaron Hill charged the ball, dove to his left and had it glanced off his glove as the crowd of 22,313 gasped.

"Base hit," official scorer Dave Perkins bellowed in the press box, without a hint of hesitation.

And just like that, Morrow's attempt at the second no-hitter in franchise history and sixth in the majors this season vanished the way they all too often do, in jarring, agonizing fashion.

"That close," lamented manager Cito Gaston afterwards, holding his fingers an inch apart. "That close."

Still, the ever-stoic Morrow shook off the disappointment as fans loudly applauded him, gathered himself during a meeting on the mound with Gaston, and proceeded to strike out Dan Johnson with his 137th pitch and seal a 1-0 victory against the Tampa Bay Rays.

Losing the no-no stung, but there was plenty of solace to be found in the best start of his young career.

"That was my first complete game, my first shutout; those things combined were more than enough to overcome the feeling of the missed no-hitter," said Morrow.

THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE



▶ Brandon Morrow salutes the crowd yesterday in Toronto.

Quoted



"Obviously there are some elite guys that if they're available, they're going to be on the team, but it's all about finding the right mix."

HEAD COACH DAVE CAMERON, ON PUTTING TOGETHER CANADA'S NEXT WORLD JUNIOR HOCKEY TEAM. THE TEAM'S SUMMER CAMP ENDED YESTERDAY.

Scan code for more sports

Cowboys made a mistake: T.O.

Terrell Owens believes he should still be playing for the Dallas Cowboys.

Instead, Owens was playing wide receiver against them last night as a member of the Cincinnati Bengals in the Hall of Fame game that opened the NFL pre-season.

"You have to take the bitter with the sweet, and you move on," Owens said. "Do I think I should probably be there? Yeah.

"It was short-lived. I was prematurely let go. Things like that happen."

Owens spent three years in Dallas, one of five stops during his career that is about to enter a 15th season. He caught 235 passes for 3,587 yards and 38 touchdowns as a Cowboy. He played for Buffalo in 2009 and signed with the Bengals when training camp started this year.

THE ASSOCIATED PRESS

JOE ROBBINS/GETTY IMAGES



Sports in brief

Montoya wins at Watkins

NASCAR. Juan Pablo Montoya captured the Sprint Cup race at Watkins Glen International yesterday.

Montoya pulled away on a late restart from Marcos Ambrose, his biggest challenger all day, and beat Kurt Busch by 4.7 seconds in the 90-lap race around the 11-turn, 2.45-mile layout.

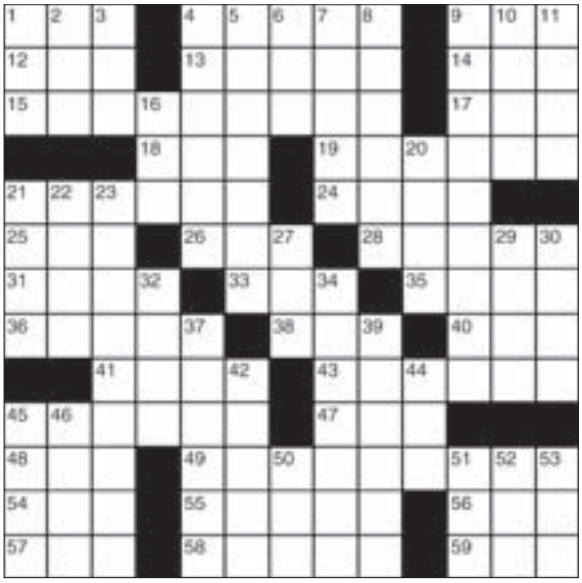
Burnett out, A-Rod in

BASEBALL. A.J. Burnett was forced to miss a start yesterday because of a bad back. Alex Rodriguez would not let a freak injury cause him to miss another game against the Boston Red Sox.

Burnett tweaked his back Saturday.

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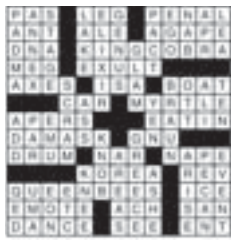
Crossword



Across
1 Completely
4 Expire
9 Big pig
12 Zodiac sign
13 Playful water critter
14 "Hail!"
15 Living room piece
17 Scooted
18 — de mer
19 Piece of pasta
21 Take a breath
24 Formerly, formerly
25 Mediterranean or Baltic
26 Home for 9-Across
28 Loses weight
31 Traditional stories
33 Listener
35 Leave out
36 Finish
38 Fellows
40 Historic time
41 Faucet problem
43 Autumn, e.g.
45 Leisurely walk
47 Scot's cap
48 Swiss canton
49 Fonda/Hopper classic
54 Gun the engine
55 Serviceable
56 Have debts
57 CBS logo
58 Studied (over)
59 Whammy

Down
1 Hearty brew
2 Meadow
3 — Angeles
4 Natives
5 Jock
6 School org.
7 Paris' river
8 Mistakes
9 Dickens novel
10 Ellipse
11 Hereditary bit
16 Singer Sumac
20 Norway's capital
21 Capri, for one
22 Night light?
23 Data-storage device
27 Sweet potato
29 Surrealist Joan
30 Ollie's pal
32 Continental money
34 Shape anew
37 Amass
39 Approached
42 Socrates' student
44 Chartres chum
45 Foolproof
46 Deuce beater
50 Madam's counterpart
51 Homer's interjection
52 Ram's mate
53 Actor Harrison

▶ Yesterday's answer



Sudoku

		2		3			5	
	4	5		1				
8		6			5			
	2	8						9
	9		4		8		7	
4						8	1	
			6			5		2
				9		3	4	
	5			7		6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	1	9	2	7	6	4
4	7	6	3	8	5	1	9	2
1	2	9	4	6	7	8	5	3
7	3	2	5	1	4	9	8	6
6	1	4	9	7	8	2	3	5
5	9	8	6	2	3	4	7	1
9	6	7	2	5	1	3	4	8
2	5	3	8	4	9	6	1	7
8	4	1	7	3	6	5	2	9

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Dave W, Happy 31 days of pure awesomeness. You make me laugh through the good and the bed. I'm glad to have you in my life.
HEATHER P

Congratulations Hayley & Ian! May you both live happily ever after!
LOVE ALWAYS, YOUR FAMILY & FRIENDS

Mom and Dad, Thank you for always supporting me and encouraging me to follow my dreams, your always there to motivate me and watch over me. I want to tell you that I appreciate it!
CHEROLYNA

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 8° Max 22°	Min 9° Max 25°	Min 10° Max 28°

Andrew Schultz, Meteorologist
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
There are so many things you want to change but you would be wise to resist the urge to make the kind of changes that others don't like. Compromise is a must today.

♉ Taurus April 20-May 21 Your sixth sense should also be telling you this is not the right time to make a major move of some kind. What happens tomorrow will clear obstacles from your path – then you can really get going.

♊ Gemini May 22-June 21
Don't try to avoid confrontation today because this is one of those occasions when no matter how much you try to win others round they won't want to listen.

♋ Cancer June 22-July 22
Today you are going to have to make a difficult decision concerning your ambitions. Don't worry about convincing others that you know your own mind – first you need to convince yourself.

♌ Leo July 23-Aug.23 Act on the assumption that you are hearing only half the story today. Question what you see and hear and don't be afraid to challenge accepted wisdom.

♍ Virgo Aug. 24- Sept. 22
Money matters are likely to be a source of some dispute today and if a friend or work colleague asks for a loan you would be wise to say you are short of cash yourself. If not, you most likely soon will be.

♎ Libra Sept. 23-Oct. 23 Make an effort to be nice today, even with people whose only concern seems to be rubbing you up the wrong way. The fact is they feed off negative vibes, so the way to beat them is to be upbeat at all times.

♏ Scorpio Oct. 24-Nov. 22 You have so much energy at your disposal, but what are you going to do with it all? Physical activity of some kind is probably the best way to channel your Scorpio drive.

♐ Sagittarius Nov. 23-Dec. 21 You need to be aware of your limits. If you take on too much, or take on the wrong person, your efforts will at best come to nothing and might even end in defeat.

♑ Capricorn Dec. 22-Jan. 20
You are always looking for ways to improve your status and reputation but the planets warn your efforts could backfire today, especially if employers and other powerful people think you are being insincere.

♒ Aquarius Jan. 21-Feb. 18
What you want to believe and what it's wise to believe are likely to be two completely different things today, be careful.

♓ Pisces Feb. 19-March 20
Don't try to bluff your way through a situation where you don't have all the facts at your fingertips. You may think you are smart enough to stay out of trouble but if you're wrong it could be costly. Play safe.
SALLY BROMPTON

Caption contest

MANISH SWARUP/THE ASSOCIATED PRESS



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TRISNADI/THE ASSOCIATED PRESS





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What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

When I first came to CDPC I couldn't walk. I had not been to work for many months. After about 4 treatments I could feel it working...it's the best money I've ever spent. I got my life back without pain, it's worth it. Just do it. It works.

- Russ C., Calgary

I came into the clinic with pain from 2 bulging discs. After the first few treatments, I could feel a significant improvement. Now that I have finished all the treatments, I have very minimal discomfort and only on occasional days when I am not active physically. I can now sleep totally without pain, where as before I woke up several times a night. I have already recommended the CDPC to others. Thank You to everyone who has helped me here!

- Beth S., Calgary

[CDPC] has been very helpful determining the appropriate spinal decompression treatments in relation to my pain sites. I have experienced some pain relief after 23 treatments for my lumbar and cervical spine. The severe pain in the center of my neck has lessened considerably and I rarely experience numbness in my right hand upon awakening. My lower back no longer hurts when standing...Sleepless nights due to pain are rare. Thank you for you help.

- Kathy L., Calgary

I will be forever grateful...the pain was excruciating and debilitating....I used to tell my friends and family that if I could cut off my leg I would...And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks....I am actually looking forward to being able to dance again.

- Rhona K., Calgary

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